

## IMPORTANT INFORMATION ABOUT

# Grade 7 Vaccinations



Dear Parent or Guardian,

Wellington-Dufferin-Guelph Public Health will be visiting your child's school to offer three free and important vaccines that help protect them now and in the future. Public health nurses will be at:

<input type="text"/>	on	<input type="text"/>
School		Date

These vaccines are safe and effective, and they protect against serious illnesses. I strongly encourage you to consent to vaccination to help keep your child and our community healthy and protected.

### Vaccines offered

#### 1 Meningococcal

The MenC-ACYW vaccine helps prevent meningitis, a serious infection that can affect the brain and spinal cord. It spreads easily and can be life-threatening.

This vaccine protects against four of the most common strains A, C, Y and W135.

#### 2 Hepatitis B

This vaccine protects against liver cancer and liver disease caused by the hepatitis B virus.

This vaccine is often required or recommended for travel, post-secondary school and certain jobs.

#### 3 HPV

The HPV-9 vaccine helps protect against cancers of the head, neck, and genital areas, as well as warts.

It protects against nine common types of HPV. Many people come into contact with HPV at some point in their lives.

### What you need to do

Please complete the online consent form for your child as soon as possible. This lets the public health nurse know if your child can receive the vaccines.

If your child has already received any of these vaccines, you can note that on the form.

**I am ready to consent**

## More information, in your language

Learn more about each vaccine by reviewing the fact sheets below, available in multiple languages.

- [français \(French\)](#)
- [አማርኛ \(Amharic\)](#)
- [عربي \(Arabic\)](#)
- [دری \(Dari\)](#)
- [हिन्दी \(Hindi\)](#)
- [नेपाली \(Nepali\)](#)
- [español \(Spanish\)](#)
- [tagalog](#)
- [ትግርኛ \(Tigrinya\)](#)
- [TiếngViệt \(Vietnamese\)](#)

If you have questions or need help completing the consent form, please call 1-800-265-7293 ext. 7006 to speak with a public health nurse or visit [wdgpublichealth.ca/immunizegr7](http://wdgpublichealth.ca/immunizegr7).

Thanks for helping us keep students and our community healthy and protected.

Sincerely,



**Dr. Matthew Tenenbaum**, MD, CCFP, MPH, FRCPC

**Associate Medical Officer of Health**

---

## Helping your child feel comfortable on vaccination day

Public Health wants your child's school vaccination experience to be as positive as possible. To prepare, please review what to expect [before](#) and [after](#) vaccination day with your child.

You may also consider using the CARD system to help them feel more calm, confident and less nervous.

Learn more about the [CARD system](#) and the [CARD checklist](#).

**CARD** stands for:

- C Comfort** – Bring a favourite toy, wear a cozy sweater, or have a snack beforehand.
- A Ask** – Encourage your child to ask questions about what will happen.
- R Relax** – Practice deep breaths or calming thoughts together.
- D Distract** – Use a device, read, or chat with a friend to take their mind off it.

# HPV Vaccine

## Protects Against Cancer

The HPV-9 vaccine will be offered to **students (all genders) who are 12 to 13 years old**. It's most effective when given at an early age, before exposure and when the immune response is stronger. The vaccine is **free for all students until the end of Grade 12**.

### What does this vaccine do?

Most people will be in contact with human papillomavirus (HPV) in their lifetime. The **HPV vaccine** protects against 9 common high-risk strains of HPV. These strains can cause:

- **Head and neck cancer**
- **Cervical and vaginal cancers**
- **Anal cancer**
- **Penile cancer**
- **Genital warts**

### 3 reasons to get the HPV vaccine at school

#### It works!

A complete HPV vaccine series can prevent:

- Over 90% of cervical cancers and genital warts.
- Most anal, vaginal, vulvar, penile, mouth and throat cancers.

#### It's safe!

Millions of people around the world have safely received the HPV vaccine. Side effects are usually mild, and it's safety is continuously monitored.

#### It's easy!

A nurse will come to your child's school to give the HPV vaccine—no need to book an appointment or take time off. Simply complete the online consent form.

### HPV vaccine benefits

- 1** Protects against cancer
- 2** Works best when given before exposure
- 3** Free until the end of Grade 12
- 4** Prevents genital warts
- 5** Long-lasting protection
- 6** Safe and well-studied



### Ready to complete the consent?

Scan the QR code or visit

[wdgpublichealth.ca/Gr7Consent](https://wdgpublichealth.ca/Gr7Consent)

### Questions?

1-800-265-7293 ext. 7006

[wdgpublichealth.ca/HPVfacts](https://wdgpublichealth.ca/HPVfacts)



# Hepatitis B Vaccine

## Protects Against Liver Infections

The Hepatitis B vaccine will be offered at school to **students (all genders) who are 12-13 years old**. It's most effective when given at an early age, before exposure and when the immune response is stronger. The vaccine is **free for all students until the end of Grade 12**.

### What does this vaccine do?

The **hepatitis B vaccine** protects against the hepatitis B virus, which can cause **liver damage, liver cancer or even death**. Hepatitis B is the leading cause of liver cancer in Canada.

### 3 reasons to get the hepatitis B vaccine at school

#### It works!

1 in 10 people who are infected with hepatitis B will carry it for life. Getting vaccinated is the best way to avoid long-term health risks. The hepatitis B vaccine is very effective and protects 98% of people when given in the recommended number or doses.

#### It's safe!

The hepatitis B vaccine has been carefully tested and it's safety is continuously monitored. Reactions are usually mild. It is much safer for your child to get the vaccine than to get hepatitis B.

#### It's easy!

A nurse will come to your child's school to give the hepatitis B vaccine—no need to book an appointment or take time off. Simply complete the online consent form.

### Hepatitis B vaccine benefits

1

Protects against liver disease and liver cancer

2

Works best when given before exposure

3

Free until the end of Grade 12

4

Long-lasting protection

5

Safe and well-studied



### Ready to complete the consent?

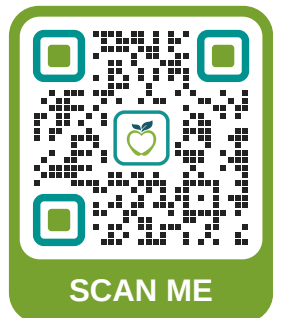
Scan the QR code or visit

[wdgpublichealth.ca/Gr7Consent](http://wdgpublichealth.ca/Gr7Consent)

### Questions?

1-800-265-7293 ext. 7006

[wdgpublichealth.ca/HepBfacts](http://wdgpublichealth.ca/HepBfacts)





# MenC-ACYW Vaccine

## Protects Against Meningococcal Disease

This vaccine will be offered at school to **students (all genders) who are 12-13 years old**. It's most effective when given at an early age, before exposure and when the immune response is stronger. The vaccine is **free for all students until the end of Grade 12**.

### What does this vaccine do?

The MenC-ACYW vaccine protects your child from meningococcal disease, a life-threatening bacterial infection that can cause **deafness, seizures, brain damage, loss of limbs, or even death**.

### 3 reasons to get this vaccine at school

#### It works!

The MenC-ACYW vaccine is 80-85% effective at preventing meningococcal disease. The infection spreads easily through coughing, sneezing, or sharing food and drinks. About 1 in 100 people who get this disease do not survive.

#### It's safe!

The vaccine has been carefully tested and it's safety is continuously monitored. Reactions are usually mild. It is much safer for your child to get the vaccine than to get meningococcal disease.

#### It's easy!

A nurse will come to your child's school to give the MenC-ACYW vaccine—no need to book an appointment or take time off. Simply complete the online consent form.

### Meningococcal Vaccine Benefits

1

Protects against a very serious infection

2

Works best when given before exposure

3

Free until the end of Grade 12

4

Long-lasting protection

5

Safe and well-studied



### Ready to complete the consent?

Scan the QR code or visit

[wdgpublichealth.ca/Gr7Consent](http://wdgpublichealth.ca/Gr7Consent)

### Questions?

1-800-265-7293 ext. 7006

[wdgpublichealth.ca/MenCfacts](http://wdgpublichealth.ca/MenCfacts)

